DISSERTATION

FOR THE AWARD OF DEGREE

MASTER OF SCIENCE

SESSION 2022-2024

DEPRESSION, ANXIETY, STRESS AND QUALITY OF LIFE AMONG WOMEN WITH POLYCYSTIC OVARY SYNDROME (PCOS)

BY

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DEPARTMENT OF CLINICAL PSYCHOLOGY

SANTOSH DEEMED TO BE UNIVERSITY

NO. 1, SANTOSH NAGAR, GHAZIABAD- 201009,

DELHI NCR, INDIA

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I hereby declare that Santosh Deemed to be University, Ghaziabad, (U.P) shall have the right to preserve, use and disseminate this Dissertation titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"** in print or electronic format for academic or research purpose.

Signature of Candidate

Date:

Place:

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DECLARATION BY THE CANDIDATE

I hereby declare that this dissertation titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"** is a bonafide genuine research work carried out by me under the esteemed guidance of my Guide **Dr. Niharika Arora, Department of Clinical Psychology,** Santosh Deemed to be University, Ghaziabad, (U.P).

Signature of Candidate

Date:

Place:

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CERTIFICATE BY THE GUIDE

This is to certify that the dissertation titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"** is a bonafide genuine research work carried out by **Lihuqhe Y. Sumi** in partial fulfilment of the requirement for the degree of M.Sc. Clinical Psychology under my supervision and guidance in **Department of Clinical Psychology,** Santosh Deemed to be University, Ghaziabad, (U.P).

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CERTIFICATE BY THE CO-GUIDE

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CERTIFICATE BY THE HEAD OF DEPARTMENT

This is to certify that the dissertation titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"** is being submitted by **Lihuqhe Y. Sumi** in partial fulfilment of the requirement for the degree of M.Sc. Clinical Psychology is based on the bonafide work carried out by her in **Department of Clinical Psychology,** Santosh Deemed to be University, Ghaziabad, (U.P).

Prof. (Dr.) Rani Srivastava
Professor and Head of the Department
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Deemed to be University

ENDORSEMENT BY DEAN ACADEMICS OF THE UNIVERSITY

This is to certify that the dissertation titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"** is a bonafide genuine research work carried out by **Lihuqhe Y. Sumi** herself under the esteemed guidance of **Dr. Shalabh Gupta,** Santosh Deemed to be University, Ghaziabad, (U.P)

Dr Shalabh Gupta
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ACKNOWLEDGEMENT

In the pursuit of knowledge, one seldom walks alone. This research endeavor has been a collective journey marked by the invaluable contributions of numerous individuals and organizations without whom this endeavor would not have been possible.

First and foremost, praises and thanks to God, the Almighty, for His showers of blessings throughout the research and its successful completion. To my family, I express my profound thanks for their unwavering encouragement, understanding and love. Your prayer for me was what sustained me this far.

I would like to express my sincere gratitude to Dr Rani Srivastava, for providing me with the opportunity to pursue my research in this field. Your constant encouragement, valuable guidance and prompt support throughout my research journey have been instrumental in its successful completion.

I extend my deepest gratitude to my Guide Dr. Niharika Arora, whose unwavering guidance and expertise have been the guiding lights throughout this research. Her insightful feedback, patient mentorship and enduring support have been the pillars upon which this work stands. I am deeply grateful for the opportunity to learn under her expert guidance and will forever cherish the valuable lessons and experiences I gained during this journey.

I am immensely thankful to Dr Neelima Agarwal my co-guide for her valuable expertise and support in specific areas of my research. Her insightful suggestions and constructive feedback have significantly improved the quality and depth of this work. I am grateful for her willingness to share her knowledge and time with me. I am grateful to Dr Parul Gairola my co-guide for her invaluable guidance, support and mentorship throughout my research project. Her insightful suggestions and timely feedback have been instrumental in shaping this work.

Heartfelt appreciation goes to Mrs Anita Tyagi and Miss Neha for helping me whenever I needed. I extend my sincere thanks to my mates for their camaraderie, insightful discussions and collaborative spirit. Our shared passion for the subject matter has made this research experience both enjoyable and intellectually rewarding. Last but not least, I am indebted to the countless participants and individuals who generously shared their time, experiences and insights contributing immeasurably to the richness of this research.

LIHUQHE Y. SUMI

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LIST OF ABBREVIATIONS

S.NO	ABBREVIATIONS	FULL WORD
1	PCOS	Polycystic Ovary Syndrome
2	DASS	Depression, Anxiety, Stress Scale
3	QOL	Quality of Life
4	STIs	Sexually Transmitted Infections
5	WHO	World Health Organization
6	CRH	Corticotrophin-Releasing Hormone
7	HPA	Hypothalamic Pituitary Adrenal
8	QOLS-SSNN	Quality of Life by Sarika Sharma & Dr. Nakhat Nasreen
9	SD	Standard Deviation
10	WHOQOL-BREF	World Health Organization Quality of Life-BREF

INTRODUCTION

REVIEW OF LITERATURE

AIM AND OBJECTIVES

MATERIALS AND METHODS

RESULTS

DISCUSSION

CONCLUSION

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ANNEXURE I

SANTOSH MEDICAL COLLEGE AND HOSPITALS
NO.1 AMBEDKAR ROAD, GHAZIABAD
DEPARTMENT OF CLINICAL PSYCHOLOGY

PRELIMINARY IDENTIFICATION FORM

NOTE: The Performa is being prepared under the research project titled **"Depression, Anxiety, Stress and Quality of life among Women with Polycystic ovary syndrome (PCOS)",** you as a participant are requested to furnish certain information to the best of your true knowledge:

Date_____ **OPD NO**_____

Personal Details

Name of the Participant (in block letter) _____ Age_____

Marital Status_____ Educational qualification_____

Occupation_____ Religion _____

Address _____ Contact no_____

Family history

Does family have the history of mental illness/PCOS _____

Type of family(nuclear/joint)_____

Environment/Relationship of family (cordial/In cordial)_____

Participants's relation with Father_____ Mother_____

Husband_____ Children_____ Others_____

Any problem (in past/in present)

(a) At Physical levels

_____

Any other information (personal/ family level) if you want to mention).

_____

_____

_____

_____

Behavioural Observation

_____

_____

_____

Test Administered

_____

_____

_____

Test Findings

_____

_____

_____

Recommendations

1._____

2._____

3.

_____

4.

_____

NOTE: It's an oath that whatever information you are mentioning here will be kept confidential.

ANNEXURE II

SANTOSH MEDICAL COLLEGE, HOSPITALS

No.1, AMBEDKAR ROAD, GHAZIABAD, U.P, 201001

DEPARTMENT OF CLINICAL PSYCHOLOGY

CONSENT FORM

Date_____

Name_____ Age_____

Address_____ Mobile no_____

E-mail_____

This study focus is to know the relationship of Depression, Anxiety, Stress with Quality of Life among Women with Polycystic Ovary Syndrome (PCOS).

Your willingness for the participation in this study is essential. It will take approximately thirty minutes to complete the performa.

We will not in any way pressure you into doing this work; once you begin the test, you are free to stop at any time if you are not willing to complete it. The numerous investigators guarantee that your information will remain private. This assessment is free of cost or fees.

THUS IT IS EXPECTED THAT YOU ARE WILLING TO COME FORWARD FOR THE SAID STUDY

Signature _____

INVESTIGATORS:

Miss Lihuqhe Y. Sumi (MSc. Clinical Psychology, SMCH, GZB)

Dr. Niharika Arora (Asst. Prof. Dept. of Clinical Psychology, SMCH, GZB)

Dr. Neelima Agarwal (Professor, Department of Obstetrics and Gynaecology SMCH, GZB)

Dr. Parul Gairola (Asst. Prof. Dept. Of Clinical Psychology, SMCH, GZB)

ANNEXURE III

संतोष चिकित्सा कॉलेज, अस्पताल
नम्बर १ अम्बेडकर रोड गाज़िआबाद उत्तर प्रदेश
नैदानिक मनोवैज्ञानिक विभाग

सहमति पत्र

दिनांक.....

नाम_____ उम्र_____

पता_____ मोबाइल नंबर_____

इस अध्ययन का उदेश्य पौलुसिस्टिक ओवरी सिंड्रोम (पी सी ओ एस) से पीड़ित महिलाओ में जीवन की गुणवत्ता, अवसाद , तनाव व चिंतन की जाँच करना है.

आपकी सहमति इस अध्ययन में भागीदारी करने के लिए आवश्यक है। इसमें अधिकतम आपको ३० मिनट का समय लगेगा। इसमें भागीदारी करने के लिए आपको किसी प्रकार का कोई दबाव नहीं बनाया जाएगा। एक बार जाँच शुरु करने के बाद आप इसको बीच में छोड़ने के लिए पूरी तरह स्वतन्त्र है।

आपसे जो भी जानकारी एकत्रित की जाएगी उसको पूरी तरह से गुप्त रखा जाएगा। इस अध्ययन में भागीदारी लेने के लिए आपसे कोई शुल्क नहीं लिए जाएगा।

आपसे आशा है कि आप इस अध्ययन में भागीदारी करने के लिए अपना सहयोग अवश्य देंगे।

रोगी के हस्ताक्षर_____

जांचकर्ता

डॉ. निहारिका अरोरा (सहायक प्रोफेसर , नैदानिक मनोविज्ञान विभाग, संतोष डीम्ड यूनिवर्सिटी, गाजियाबाद)

डॉ नीलिमा अगृवाल (प्रोफेसर स्त्री रोग विशेषज्ञ, संतोष डीम्ड यूनिवर्सिटी, गाजियाबाद)

डॉ. पारुल गैरोला (सहायक प्रोफेसऑफ, नैदानिक मनोविज्ञान, विभाग, संतोष डीम्ड यूनिवर्सिटी, गाजियाबाद)

कुमारी लिहू वाई सुमि (एम् इस सी, एच नैदानिक मनोवैज्ञान विभाग, संतोष डीम्ड यूनिवर्सिटी, गाजियाबाद)

ANNEXURE IV

DASS

Name: *Date:*

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you *over the past week*. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

0 Did not apply to me at all
1 Applied to me to some degree, or some of the time
2 Applied to me to a considerable degree, or a good part of time
3 Applied to me very much, or most of the time

1	I found myself getting upset by quite trivial things	0	1	2	3
2	I was aware of dryness of my mouth	0	1	2	3
3	I couldn't seem to experience any positive feeling at all	0	1	2	3
4	I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)	0	1	2	3
5	I just couldn't seem to get going	0	1	2	3
6	I tended to over-react to situations	0	1	2	3
7	I had a feeling of shakiness (eg, legs going to give way)	0	1	2	3
8	I found it difficult to relax	0	1	2	3
9	I found myself in situations that made me so anxious I was most relieved when they ended	0	1	2	3
10	I felt that I had nothing to look forward to	0	1	2	3
11	I found myself getting upset rather easily	0	1	2	3
12	I felt that I was using a lot of nervous energy	0	1	2	3
13	I felt sad and depressed	0	1	2	3
14	I found myself getting impatient when I was delayed in any way (eg, elevators, traffic lights, being kept waiting)	0	1	2	3
15	I had a feeling of faintness	0	1	2	3
16	I felt that I had lost interest in just about everything	0	1	2	3
17	I felt I wasn't worth much as a person	0	1	2	3
18	I felt that I was rather touchy	0	1	2	3
19	I perspired noticeably (eg, hands sweaty) in the absence of high temperatures or physical exertion	0	1	2	3
20	I felt scared without any good reason	0	1	2	3
21	I felt that life wasn't worthwhile	0	1	2	3

Reminder of rating scale:

0 Did not apply to me at all
1 Applied to me to some degree, or some of the time
2 Applied to me to a considerable degree, or a good part of time
3 Applied to me very much, or most of the time

22	I found it hard to wind down	0	1	2	3
23	I had difficulty in swallowing	0	1	2	3
24	I couldn't seem to get any enjoyment out of the things I did	0	1	2	3
25	I was aware of the action of my heart in the absence of physical exertion (eg, sense of heart rate increase, heart missing a beat)	0	1	2	3
26	I felt down-hearted and blue	0	1	2	3
27	I found that I was very irritable	0	1	2	3
28	I felt I was close to panic	0	1	2	3
29	I found it hard to calm down after something upset me	0	1	2	3
30	I feared that I would be "thrown" by some trivial but unfamiliar task	0	1	2	3
31	I was unable to become enthusiastic about anything	0	1	2	3
32	I found it difficult to tolerate interruptions to what I was doing	0	1	2	3
33	I was in a state of nervous tension	0	1	2	3
34	I felt I was pretty worthless	0	1	2	3
35	I was intolerant of anything that kept me from getting on with what I was doing	0	1	2	3
36	I felt terrified	0	1	2	3
37	I could see nothing in the future to be hopeful about	0	1	2	3
38	I felt that life was meaningless	0	1	2	3
39	I found myself getting agitated	0	1	2	3
40	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41	I experienced trembling (eg, in the hands)	0	1	2	3
42	I found it difficult to work up the initiative to do things	0	1	2	3

ANNEXURE V

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Sarika Sharma *(Aligarh)* & Dr. Nakhat Nasreen *(Aligarh)*

Consumable Booklet of

QOLS-SSNN

(English Version)

Please fill in the following informations : **Date** ☐☐☐☐☐☐☐☐

Name _____

Father's Name _____

Date of Birth _____ **Sex : Male** ☐ **Female** ☐

Qualifications _____

Occupation : Student ☐ **In Job** ☐ **Experience in Year** _____

Area : Urban ☐ **Rural** ☐

Institution _____

INSTRUCTIONS

On the following pages there are 42 statements related to Quality of Life. Kindly read each statement carefully and decide your response on three points **Always, Seldom** and **Never** and put a ☑ mark in the appropriate box which is nearer to your response.

Kindly give your response on all the 42 statements.

Be assured, your responses will be kept confidential.

Scoring Table

	Raw Score			z-Score	Grade	Level of QOLS
Page	2	3	4			
Score						
Total						

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NATIONAL PSYCHOLOGICAL CORPORATION

UG-1, Nirmal Heights, Near Mental Hospital, Agra-282 007

Sr. No.	STATEMENTS	Always	Seldom	Never	Score
1.	I am satisfied with my present life.	☐	☐	☐	▭
2.	I am being cared by people around me.	☐	☐	☐	▭
3.	I help people in my neighbourhood whenever they need me.	☐	☐	☐	▭
4.	I feel delighted on visiting my friends and neighbours.	☐	☐	☐	▭
5.	I am satisfied with my present job/household duties.	☐	☐	☐	▭
6.	I am satisfied with my achievements in job or in my life.	☐	☐	☐	▭
7.	I have achieved maximum goals in my life.	☐	☐	☐	▭
8.	I am clear about my life goals and I am effectively making them a reality.	☐	☐	☐	▭
9.	My spiritual and religious beliefs give me satisfaction.	☐	☐	☐	▭
10.	My fear of God is the guide to my life's success.	☐	☐	☐	▭
11.	I feel myself fortunate when I help people.	☐	☐	☐	▭
12.	I feel guilty of doing wrong deeds.	☐	☐	☐	▭
13.	I feel myself elevated and appreciated in the society.	☐	☐	☐	▭
14.	I enjoy my life and feel delighted in living.	☐	☐	☐	▭

Total Score Page 2 ▭

Sr. No.	STATEMENTS	Always	Seldom	Never	Score
15.	Even smaller things in my life are a matter of joy.	☐	☐	☐	⬭
16.	My home and my family are sources of joy.	☐	☐	☐	⬭
17.	I wish to attain success in all spheres of life.	☐	☐	☐	⬭
18.	I believe in the proverb that every cloud has a silver lining.	☐	☐	☐	⬭
19.	I am always hopeful for every betterment in my life.	☐	☐	☐	⬭
20.	I don't have a sound sleep.	☐	☐	☐	⬭
21.	I don't like to talk to anybody when I am in stress.	☐	☐	☐	⬭
22.	I need something in the form of medicine or treatment for stress reduction.	☐	☐	☐	⬭
23.	I adopt mechanisms such as yoga, long walk, meditation to reduce tension.	☐	☐	☐	⬭
24.	I easily get upset when neglected / humiliated by others.	☐	☐	☐	⬭
25.	I don't recover easily after doing hard work.	☐	☐	☐	⬭
26.	I am depressed for no apparent reason.	☐	☐	☐	⬭
27.	I am constantly in a state of fatigue.	☐	☐	☐	⬭
28.	I am able to adjust well in new situations.	☐	☐	☐	⬭
29.	I think and act independently without being interfered by others.	☐	☐	☐	⬭

Total Score Page 3 ⬭

Sr. No.	STATEMENTS	Always	Seldom	Never	Score
30.	I don't have quarrels with others.	☐	☐	☐	⬭
31.	I feel myself to be emotionally secure.	☐	☐	☐	⬭
32.	I have a sound health.	☐	☐	☐	⬭
33.	I am conscious of my health and body care.	☐	☐	☐	⬭
34.	I never leave any of my ailments uncared or unattended.	☐	☐	☐	⬭
35.	I find my appearance quite presentable.	☐	☐	☐	⬭
36.	I have enough energy to do daily routine work.	☐	☐	☐	⬭
37.	I can take decisions on my own.	☐	☐	☐	⬭
38.	I complete the work assigned to me whole heartedly and in tune.	☐	☐	☐	⬭
39.	I am satisfied with what I am.	☐	☐	☐	⬭
40.	I celebrate special events of my life.	☐	☐	☐	⬭
41.	I welcome suggestions from other people to improve myself.	☐	☐	☐	⬭
42.	I am hopeful of society's welfare and betterment also.	☐	☐	☐	⬭

Total Score Page 4 ☐

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F. No. SU/R/2024/1344[40] Dated: 17.05.2024

Subject: Grant of Ethical Clearance for **Dissertation Protocol** Topic **"Depression, Anxiety and Stress",** submitted by **LIHUQHE Y SUMI,** student of M.Sc CLINICAL PSYCHOLOGY, 2022 Batch.

*****

With reference to the request for grant of Ethical Clearance for the Dissertation Protocol entitled **"Depression, Anxiety and Stress"**, **LIHUQHE Y SUMI** is informed that the **Dissertation Protocol** submitted by him/her was considered by the **Screening Committee** of the **Allied Health Sciences** in its meetings held on 07.02.2024 and 29.02.2024. The recommendations of the **Screening Committee** were considered in detail by the **Institutional Ethics Committee** in its meeting held on **15.05.2024** and the same was **approved** by the **Ethics Committee** of the **Santosh Deemed to be University, Ghaziabad, Delhi NCR**.

He /She is informed accordingly for further necessary action.

17/5/24

[Dr. EZHILRAJAN. K]
REGISTRAR

LIHUQHE Y SUMI
M.Sc CLINICAL PSYCHOLOGY.

Copy to:

1. The Vice Chancellor
2. The Dean – Academics
3. The Dean, SMC&H
4. The Dean – Research
5. The Director - IQAC
6. HOD/ Course In-charge of the concerned Department.

STATISTICIAN CERTIFICATE

This is to certify that the statistical analysis component of the thesis titled **"Depression, Anxiety, Stress and Quality of Life among Women with Polycystic Ovary Syndrome (PCOS)"**, done by **Lihuqhe Y. Sumi** in the Department of Clinical Psychology, Santosh Medical College and Hospital, Ghaziabad has been conducted under my direct guidance and supervision. All the statistical calculations of this study are authentic and correct to the best of my knowledge.

Wish her all the success in his life.

Assistant Professor cum Statistician

Santosh Deemed To be University, Ghaziabad

MASTER CHART